

Below you'll find a sampling of our programs developed specifically for kids fitness. Call us at 252-329-4041 for pricing and registration information.

Youth Karate

Boys and girls develop confidence, courage, and character through learning positive principles, physical fitness techniques and basic martial arts skills. [Sept 10-Oct 29; Nov 5-Jan 14]

Get Kids Moving!

Children will learn a variety of cardio and resistance training exercises to improve strength coordination and stamina. This class can set the blueprint for your child's physical activity for years to come. [Sept 1-Oct 1; Oct 6-Nov 5]

Muscle Up!

This class offers a variety of cardio and muscle strengthening exercises. Students learn how to discipline their bodies and keep them in shape and healthy. In today's world of fast food and video games, this class is one of our most demanded by parents. [Sept 1-Oct 1; Oct 6-Nov 5]

Splash & Dash Kids Triathlon

The City's second annual kids triathlon! Participants will run, buike, and swim distances based on age. Proceeds from this event go to support Special Olympics of Pitt County. Individual and team entries accepted. Register online at www.Active.com. [Sept 20, 2-4 PM]

www.grpd.info

Greenville Aquatics & Fitness Center offers the best programming for kids at the lowest prices in the area. We have renovated our facility, so there is no better time to come out and take a tour. We also offer the lowest membership rates around, if you don't believe us, compare and discover for yourself.

Yearly Memberships:

Family: **\$515**

Individual: **\$300**

Individual + 1 Child: **\$360**

Young Adult (14-22 Yrs.): **\$265**

Senior Citizens (60+): **\$220**

Payment options available, call for more information.